

Dyspepsia Is Greatest Enemy of Modern Man

Distressing Malady Is Most Prevalent of All Present-Day Diseases. Thousands Are Relieved by Tanlac

Of all the conditions that afflict humanity, chronic dyspepsia, or what is more commonly known as indigestion, is probably the most prevalent. This most universal malady has baffled the medical profession for years, and the most skilled specialists have been unable to cope with it successfully.

Hours might be consumed in describing the sufferings, mental and physical, of the sufferers from chronic dyspepsia and their failure heretofore to get relief. A morbid, unreal, whimsical and melancholy condition of the mind, aside from the nervousness and physical suffering, is the usual condition of the average dyspeptic.

Dyspepsia, or indigestion, as the case may be, is usually caused by the eating of too much or unsuitable food and the mucous membrane of the stomach becomes irritated, and there is set up an acute or sub-acute gastric catarrhal condition which prevents the proper digestion of the food. This food is apt to ferment and decompose, and as a result the familiar distressing symptoms of dyspepsia may arise. In mild cases there is nothing more than an uncomfortable feeling in the stomach, with a certain amount of depression, headache, loss of appetite, perhaps belching of gas and occasional vomiting. There may be also accompanying intestinal symptoms, such as constipation, pains in the back, colic, etc. There may be only the familiar heartburn due to the inflammation of the stomach from excessive gases of fermentation or putrefaction. In the most severe cases—those that last over a day or two—the symptoms enumerated may be much more intense. The distress may be marked and the general constitutional symptoms more evident. When this stage is reached the loss of appetite, the mental depression, and the general

uncomfortable feeling in the stomach are much more pronounced. This is particularly true in acute gastritis.

It frequently occurs from continued errors in diet, that this condition becomes chronic, and the symptoms persist for an indefinite period. The appetite is very apt to be varied, but at times very good. Heartburn is frequent, if not constant. The stomach is painful on pressure, the tongue is coated, there is a bad taste in the mouth, and there are changes in the amount of salivary secretion. Constipation is also usually present, although diarrhoea may alternate.

Most cases of dyspepsia can be cured if the diet is properly looked after and with the proper treatment. Proper eating, the proper amount of food and hygienic living are the most important features of the treatment. Most people eat too fast and eat too much.

One noted authority has said that the stomach is the fountain head of health or disease, as the case may be. Tanlac was designated primarily for the regulation of the stomach, liver and bowels, but it is no uncommon thing for the persons who have used it to find that they have also been relieved of rheumatism and other ailments not generally recognized as having their origin in stomach trouble.

There is probably not a single portion of the body that is not benefited by the helpful action of Tanlac, which begins its work by stimulating the digestive organs, thereby enriching the blood and invigorating the whole system. Next it enables the weak, worn-out stomach to thoroughly digest the food, permitting the assimilation of the nourishing elements.

Millions of people have not only been relieved of the most obstinate forms of dyspepsia and indigestion by the Tanlac treatment after other remedies had failed, but many of them have reported a remarkable and rapid increase in weight and a return to normal health and strength by its use.

(adv)

DAYS WITH KNIGHTS OF THE ROAD.

The spring season brings poetic outburst, flowers, showers, and among other things, the tramp. An irrepressible impulse of wanderlust enters the cranium of the vagrant and starts him en tour. No home ties bind the tramp, so he seeks the railroad ties. Then, he becomes a rail bird, and eventually a jail bird. The only time the hobo gets his foot on the rail in this Volsteadian era is when he hoofs it along the railroad tracks to board his side door pullman. And, oftentimes, he rides the sleepers. The itinerant idler not only travels f. o. b., but gets his living f. o. b.—fast or beg. However, the wanderer has to pay for admission to the movies. But, when the program includes "Topics of the Day" Films—the jolly reel of press humor—we all agree that the show is well worth the price of admission. Although he is called a knight of the road, his craftsmanship is exercised during the day. A tramp seldom has axes to grind because his sharp wits prompt him to make a detour upon approaching a wood pile. Now, dear reader, let us wander along happiness highway with some tramp fokes escorted by THE NEWS:

A starving tramp stopped at a kitchen door in California and asked for food. "You like fish," asked the Chinese cook. "Yes," replied the tramp eagerly. "All life, come around Friday."—Tennessee Mugwump.

"I have seen better days," the tramp at the door began. "So have I," replied the housekeeper, glancing at the darkening skies before she slammed the door.—Paterson Press-Guardian.

Mrs. Gripocin (about to send the tramp to wood pile) "Lincoln began as a rail splitter and in time he ate his meals in the White House."

Happy Harry—"Lady, I never split a rail yet and right at this time I can eat meals in any color house"—Rutgers Neilson.

Tramp—"Madam, could you give me a dime for a bed?"

Madam X—"Why, sure; bring the bed inside."—Southern Buck (New Orleans.)

Old Lady (to tramp)—"But my good man, your story has such a hollow ring."

Weary Willie—"Yes, misses, that's the natural result of speaking with an empty stummick."—London (Eng.) Mail.

Mrs. Happyhome—"What can I do for you, my poor fellow?"

Tattered Tom—"Lady, the woman at th' next farm gave me a piece of cheese. Would you be so kind as to surround it with bread?"—Ayre (Mass.) News.

Tramp—"Can you assist me along the road, mum?"

Lady—"Personally I cannot, but I can unchain my dog and I know he will be pleased to do so."—New Orleans Item.

"Madam," said Dusty Rhodes politely, "could you entertain a proposition?"

"I could," answered the firm lady, pointing to the rug on clothes line. "Either beat it or beat it."—Waterbury Republican.

IF WOMEN ONLY KNEW

What a Heap of Happiness it Would Bring to Paris Homes

Hard to do housework with an aching back.

Brings you hours of misery at leisure or at work.

If women only knew the cause—that

Backache pains often come from weak kidneys—

"Would save much needless woe.

Doan's Kidney Pills are for weak kidneys.

Read what a Paris citizen says: Mrs. J. A. Hughes, 124 Tenth St., says: "We have used Doan's Kidney Pills in our home and they always give the best results. I used them recently when my kidneys were out of order and I had a weak feeling across my back. Doan's relieved the trouble at once. I felt tired and nervous all the time and not much like doing any kind of work. I sent to Varden & Son's Drug Store and got a couple of boxes of Doan's Kidney Pills. I began using them and they soon cured the trouble so I have never been bothered since. I take pleasure in recommending Doan's Kidney Pills."

Price 60c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Hughes had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

ASPARAGUS CROP OFFERS OPPORTUNITY FOR PROFIT

In spite of the fact that asparagus is not grown extensively in the State at the present time the crop is one that is easily produced and one which can be profitably raised under present conditions, according to Circular No. 68, published by the Extension Division of the State College of Agriculture. The publication which contains complete details concerning the production of this crop may be obtained free by writing the Experiment Station, Lexington.

Girl students in the economic department of the University of Texas are taught how to cook cheap meals.

PIMPPLY? WELL, DON'T BE

People Notice It. Drive Them Off with Dr. Edwards' Olive Tablets

A pimply face will not embarrass you much longer if you get a package of Dr. Edwards' Olive Tablets. The skin should begin to clear after you have taken the tablets a few nights.

Cleanse the blood, bowels and liver with Dr. Edwards' Olive Tablets, the successful substitute for calomel; there's no sickness or pain after taking them.

Dr. Edwards' Olive Tablets do that which calomel does, and just as effectively, but their action is gentle and safe instead of severe and irritating. No one who takes Olive Tablets is ever cursed with a "dark brown taste," a bad breath, a dull, listless, "no good" feeling, constipation, torpid liver, bad disposition or pimply face.

Olive Tablets are a purely vegetable compound mixed with olive oil; you will know them by their olive color.

Dr. Edwards spent years among patients afflicted with liver and bowel complaints, and Olive Tablets are the immensely effective result. Take one or two nightly for a week. See how much better you feel and look. 15c and 30c.

MAKE THEM HAPPY

AT HOME WITH

**ELECTRIC GRILLS
TOASTERS
IRONS**

**VACUUM CLEANERS
WASHING MACHINES
FLASH LIGHTS, ETC.**

We have a few MISTO MAGIC SETS and other toys left over from the holidays.

Let Us Demonstrate the Golden-Throated Claxtonola. Plays Any Record.

T. W. SPICER

MAIN STREET

OPP. COURT HOUSE

HENRY CLAY MUFFINS

It makes one hungry just to think of the dozens of good things that can be made better from HENRY CLAY Flour. Rich, golden muffins, for instance—the light healthful kind with the natural flavor of the wholesome grain. They will tempt any appetite if they're baked from

HENRY CLAY FLOUR

"More Economical—It Takes Less Shortening"

The select portion of the wheat berry which makes HENRY CLAY the best flour for breads, biscuits, cakes and pastries, renders it the ideal all-purpose flour, superior for any kind of baking. It makes good bakings certain.

You can safely rely upon it. Anything made from flour—whether it's muffins or macaroons—HENRY CLAY Flour will make it better.

Your grocer would like to prove this. Order a sack of HENRY CLAY from him—TODAY.
Lexington Roller Mills Co.

LEXINGTON, KENTUCKY



FIRST THINGS IN KENTUCKY

President Lincoln, in a conversation in Washington City with Hon. Garret Davis, of Paris, Ky., April 26, 1861, states distinctly that he would make no military movement upon any State or section that did not offer armed resistance to the authorities of the United States, or the execution of the laws of Congress; that he contemplated no military operations that would require him to march troops into or across Kentucky, therefore he would not attempt it; that it was the duty of Kentucky to have furnished the quota of troops for which he made the requisition upon her, but that he had neither power, right nor disposition to coerce her; and if she made no war upon her own government of the United States, it would make no war upon her.

President Lincoln had previously, in his inaugural address, March 4, 1861, said: "I declare I have no purpose, directly or indirectly, to interfere with the institution of slavery in the States where it exists. I believe I have no lawful right to do so; and I have no inclination to do so. Those who nominated and elected me did so with the full knowledge that I had made this and many similar declarations, and never recanted them. And, more than this, they placed me in the platform for my acceptance—as a law to themselves and to me—the clear and emphatic resolution which I now read: 'Resolved, That the maintenance inviolate of the rights of each State to order and control its own domestic institutions according to its own judgment exclusively—is essential to the balance of power on which the perfection and endurance of our political fabric depend; and we denounce the lawless invasion, by an armed force, of the government of any State or Territory, no matter under what pretext, as among the gravest of crimes.'"

On Christmas day, in the Senate at Washington, Garret Davis, of Kentucky gives notice that he will introduce a bill confiscating every species of property of all persons who have had any connection with the Southern rebellion—either in civil, military or naval capacity.

Renew your health by purifying your system with



Quick and delightful relief for biliousness, colds, constipation, headaches, and stomach, liver and blood troubles.

The genuine are sold only in 35c packages. Avoid imitations.

COAL

I have opened a coal yard near the Wilson Seed Mills. I will sell direct from the mine to the consumer. I sell the best coal in the State. It makes the hottest fire, holds heat longer and burns up cleaner than any other coal. Prices include delivery.

**Block and Lump.....\$8.00
Furnace Coal.....\$5.50
Steam Coal.....\$5.50
Heating Stove Coal.....\$5.50**

W. J. HOWARD

**Miner and Shipper of Coal
East Bernstadt and Paris, Ky.
Home Phone 163**

GET MORE BUTTER

Mrs. Hattie Meece, of Glenn, Missouri, says: "I was not making enough butter from my cow's milk production for a family of two. After using Dr. LeGear's Stock Powders a short time she gave a half gallon more milk a day, and a pound of butter a day."

Dr. LeGear's Stock Powders give to milk cows just what is needed to keep the digestive organs in proper condition, so that they get the most possible good from their feed. Give equally wonderful results when used for horses, hogs, and sheep, because they are a tonic, appetizer and worm expeller.

It matters not what ailment you may have among your stock or poultry, it will pay you to get the proper Dr. LeGear Remedy from your dealer. They are the Doctor's personal prescriptions, compounded during his 28 years of Veterinary Practice and Expert Poultry Breeding. They must satisfy you, or your dealer will refund your money.

(adv)

William E. Gladstone, an English statesman, had a hobby of chopping down trees.

Are You Ready For Spring Carpet and Rug Cleaning?

We will dust thoroughly and shampoo by the new method, eliminating all dust and dirt, bringing out your colors like bright and new.

Dirty carpets and rugs are disease breeders. Don't try to beat the dust out. You only break the carpet's back and the dust and dirt still remains.

Our new method makes your carpets and rugs sweet, clean and bright looking at a small cost. We will call and return them. No worry. No bother to you.

Let STERN, the DRY CLEANER

Successor to LEVY

Take Your Carpet and Rug Worries

East Tenn. Phone 212

Home Phone 208